



Big Flats Community Center

476 Maple Street * P.O. Box 386 * Big Flats, NY 14814 * www.bigflatsny.gov

FEBRUARY

For more information or to register for a class,
call 562-8443 ext. 303

Let's Get Creative...

Make note of these dates:

Feb. 1 Senior Citizens' Dinner 6pm

Bring a dish to pass

Feb. 7 - Polio Support Group 7pm

Guest dietician will speak on
"Eating Well In Spite of Diabetes
and Kidney Problems"-

The PUBLIC is WELCOME

Feb. 7 - "Everything Chocolate" (see below)

Feb. 9 - Health Screening Clinic 10-1pm

BP, Blood Sugar, Bone Density

Feb. 11 - Ground Hog Day Will he or won't he?

Feb. 14 - Long Term Care Insurance - 7pm

Information Session - Q and A's welcome

Feb. 17 - Free AARP Tax Clinic 10-2 pm

(also coming March 17th 10-2 pm)

Feb. 17 - 4-H Presentation 5:30-9pm

Feb. 23 - Historical Society Dinner- 6pm

C.A.N.D.Y. Club presents "Tea for Felicity"

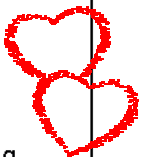
Bring a dish to pass

Feb. 24 - Nia Dance "Playshop" 7-8:30pm

Feb. 28 - Master Gardeners 7-8:30pm

SPECIAL PROGRAM:

Linda Knickerbocker from "Red Knicker
Herbs" will demonstrate the art of making



ART CLASSES:

Tuesday Painting: 1-4 pm \$2.00 (weekly)
(Dorothy Andrewlavage)

No Instructor on Feb. 7 or 14.

Wednesday Portrait Class (weekly)

(Chris Thorborg) 1-4 pm \$7.00

CERAMICS:

Monday 12:30 -3:30pm (weekly)

SEWING:

Needlework Workshop 10-2pm -1st & 3rd Tues.

Senior Sewing - Wed. 9-Noon (weekly)

BASKET WEAVING: (with Debbie Blauvelt)

SINGLE WINE BASKET - Feb. 2nd * 5:30-8:30
\$30.00 (Register by Jan. 27th)

SMALL WELCOME BASKET -Feb. 25th * 10-2pm
\$20.00 (Register by Feb. 17th)

Everything CHOCOLATE !

with Dorothy Poppleton

Tuesday, February 7th, 7-8:30 pm

class fee = \$15 - class size 10 max.

How to make chocolate truffles,
chocolate ganache, a flourless
chocolate cake, and chocolate
covered tuxedo strawberries. There will be
demonstrations, hands on experience, and samples
to take home...MMMMMM Good!



Register by Feb.6, 2006 * 562-8443 ext.303

Nia Technique "Playshop"

Friday, Feb. 24th

7-8:30pm

Dance to Native American music
using breathing and vocalizing
techniques to achieve relaxation.

Nutrition Site

Mon./Wed./Thurs.

11:30 am

**Call 737-5520 one day
in advance for
reservations.**

Federation of Fly Fishers invite you to "Come tie (flies) with us..."

Tuesdays, Feb 7, 14, 28 from 7-10pm

Regular monthly meeting is

Monday, February 6th from 7-10:00pm

Master Gardeners:

Feb. 9th - 6:30 pm

"Forcing Woodyies"

Learn how to urge pussywillows,
forsythia, etc. into bloom. Fee \$5.00

Healthy Living & Weight Loss Support

Conscious Body Method Support Circle
Wednesdays - 7pm

February 1, 8, 15 and March 1, 8, 22

Course and Materials Fee \$75

If you have tries everything and are looking for
something truly different, you have found it!

Call Meghan 562-8460 to join

CARDS anyone?...

Mon. BRIDGE 1:30-4pm

Wed. EUCHRE 12:30-4pm

Fri. PINOCHLE

12:30 -4pm

Do your daily EXERCISES....

Bone Builders * Tues./Thurs. 10-11am

Sponsored by RSVP

Flexibility * Mon./Wed./Fri. 10:30-11:30am

Exercising using chairs

Pilates * with Colleen La Delia

Mon. 10:30 -11:30am * Thurs. 5:15-6:15pm

Fri. 10:30 -11:30am

\$30 for 6 classes or \$6 drop-in fee

Taiji * with Trude de Jong * Saturdays 10:30-12:30

Feb. 4 instruction (drop-in fee \$12.50)

Feb. 11, 18, 25, practice sessions (fee?)

Yoga * with Bonnie Faulkner * Wednesdays

Regular Yoga - 4:15 -5:15 pm

Prenatal - 5:30-6:30



Nia Technique * (Non-impact cardiovascular exercise)

with Meghan Tuazon and Debby Thomson

Regular classes: \$40/8 classes or \$6 drop-in

★ Mondays 6:30-7:30pm NOTE change- (Thanks)

Tues./Thurs. 9-10am

Wednesdays 5:45-6:45pm

Senior Nia * (62 and older) Fridays 12:00 -1:00

\$24 for 8 classes or \$5 drop-in

Youth Nia * (ages 12 - 14) Feb. 18th thru Mar. 25th

Saturday mornings 9:30 - 10:30am

6 weeks for \$40 (after Feb 4th, cost = \$45)

Call before or Register on Sat. Feb 4th at
the Community Center 9:00 - noon

Nia blends expressive and creative movement forms
from the **Dance, Martial Arts and Healing Arts.**

Nia builds **self-esteem....** Nia uses **funky music....**

For more information, call 562-8443 ext. 303



ANNOUNCING

AARP Tax Assistance

Friday, Feb. 17th 10am - 2pm

Bring previous year's returns and all the
pertinent tax documents (for 2005) that you
have recieved from banks, employers, Social
Security, pensions, investments, etc. This is a
FREE service offered by AARP.

For more information, call Ed Lincoln 607-796-9563



La Leche League...

welcomes all women, together with their babies and
children, who are interested in learning about breast-
feeding and mothering. Thank you for bringing quiet toys
for your children and a nutritious snack to share. In bad
weather, we follow Horseheads school closings.

Meetings:

Feb. 16th from 9:45 -11:45am

"Programing 101" A new baby in your life

Feb. 23rd from 9:45 - 11:45am

Mothering Matters

The Community Center operates on the same schedule
as the Town Hall and will usually be open even during
bad weather. **If school is closed, all youth activities
and Pilates classes are cancelled.** Other cancellations
will depend on the instructor or group leader. There will
be a message at 562-8443 ext. 305 if the Center has that
information.



Y.E.S. (Youth Employment Services)

This is a year round referral service for youth (14-21) who
are looking for work and for individuals and businesses
that have work to be done. For more information or to
sign-up, call the Center: 562-8443 ext. 307.

LET'S DANCE...

★ **Jitterbug/Swing with Dave and Sheila**
Mondays 7:30pm (Note time change -thank you)

Ballroom with Genny Tarentelli

Thursdays 7:00pm \$6/person

Come, have fun, and learn a step or two!



The **Bright Red Bookshelf**
provides free books in an effort
to increase book ownership by
families, encourage parent-child
interactions, and involve the
entire community in the literacy
effort. Look for the **Bright Red
Bookshelf** in our outer lobby and
take a book(s) to share with your
child or grandchild.

Mother/Daughter

Book Clubs

4th Grade: 3rd Wed. 6-7:30pm

5th Grade: 3rd Mon. 6:30-8pm

7th Grade: 4th Mon. 6:30-8pm

YOUTH ACTIVITIES

Bingo: K through 4th grade (Only) 5 - 7pm

Feb. 3rd and 27th * Pizza \$.50 - Soda \$.50

Admission is a can of food for the Big Flats Food
Pantry. (Must come inside to pick up children.)

If school is closed, there is **NO** Bingo.

YO: (Youth Organization) - (Grades 5-8)

C.A.N.D.Y. (Drama Club)

Rehearsal: Thursday, Feb. 16th - 7pm

Performance: Thursday, Feb 23rd - 7pm

No meeting in February - Instead:

"Snowshoeing at Tanglewood" - Saturday, Feb. 17th
11:00am (limited to 25 youth)

Call to register 562-8443 ext. 307 or Tricia 562-3281

Teen Commission: High School Students

Feb. = No Meeting *** Mar. 7th 7pm (1st. Tuesday)